

Scituate

SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | MARCH & APRIL 2022



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066

781-545-8722

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm

Friday 8:30 am-
3:00 pm

Our Mission

To identify the unique needs and interests of our senior community and implement programs that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.

MEET JULIA CHILD



The Delvena Theatre Company presents "Meet Julia Child" - the beloved French Chef, a live performance featuring Julia Child doing what she did best. Learn more about her life—from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared—to becoming one of the culinary legends of all time. The audience will have the opportunity to view Julia on the

set of The French Chef television show, an amusing and fun experience! After the performance, the cast will open up for discussion regarding Julia Child. This experience is graciously sponsored by the Friends of Scituate Seniors (FOSS). Cost: \$10. Please pre-register to attend. Tickets are limited.

TUESDAY, APRIL 12TH
DOORS OPEN @ 1:00PM

HEALTHY EATING

For Successful Living

Would you like to start eating better?

Do you have questions about nutrition?

*Join us for our
NEW 6 week program!*

Advanced registration required

Scituate Senior Center
Thursdays 1:30-3pm

April 21 – May 26

Call to register at 781-545-8722

GARDENING SERIES

w/ Sally Rossi Ormon

4 workshops on Tuesdays, 1:30-2:30pm

March 8—Getting started-A jump on spring

March 22—Nurturing the soul of the plant

April 5—Location, location, location

**April 26—Egg Shells, Coffee Grounds & Seaweed,
Oh My!**

For more information and/or to register please call 781-545-8722.

Sally Rossi-Ormon is a lifelong Scituate resident and avid gardener for over 40 years. Having taught most recently at Holly Hill Educational Farm for 12 years, she enjoys teaching all ages the pleasures and wonders of nature's bounty.

ABOUT US

DIRECTOR'S NOTE

"It's not about how much you do but how much love you put into what you do that counts." ~ *Mother Teresa*

What is the job of Outreach at Councils on Aging?

Senior Centers and Councils on Aging across the state have for years entitled their services role as Outreach—whether an Outreach Worker (akin to Social Worker), Coordinator or Manager of Social or Community Services, Outreach became the descriptive title. The word also derives from “reaching out” to imply that it is the link to the community that Senior Centers strive for in order to inform/educate and connect our patrons with valuable services, benefits and savings that help with lifestyle and financial changes as we age. In Scituate, we have used the traditional heading and title for our Outreach department and our new Outreach Coordinator, Erin LaMonte. With Erin settled, we are working to bring more information to all of our clients as to what is available for those in need, as well as what resources exist for all of our older adults within the community. Please let us know if you are in need of resources, information or assistance so we can help direct you or locate services or benefits for your particular situation.

We would like to create opportunities to reach out to more of our Housing Authority residents and see what you need in order to take advantage of the new Senior Center facilities and programs. We also want to be sure that we are aware of and in touch with our more isolated adults especially during weather and storm emergencies. We will be making those connections to update them as to what is available. Our caregivers are another focus for upcoming outreach. We want to have resources to help provide respite for caregivers and opportunities for those experiencing health and cognitive challenges.

I would also like to make mention of a special gift we received in the form of an Eagle Scout project provided by **Cole McNiece**, now a senior at Scituate High School. He submitted a proposal for a standing Herb Garden for the Senior Center and completed the building of two 3'x6' beds on legs which are placed at the back side of the building at the corner across from the B-wing, which seemed to have the best sun! The herbs have been planted with the help of **John Belber** of Holly Hill Farm, who was enlisted by Cole. We look forward to the sprouting of our herbs in the spring to assist our Chef and kitchen staff with seasoning our lunches and refreshments. Many thanks to Cole for thinking of us and providing such a great, well-built resource for us to enjoy for months and years to come. Next up, we hope to be able to plan and plant a Kitchen Garden to provide fresh options for our lunches.



Cole McNiece

Another BIG thank you to our **AARP Tax Prep volunteers**

who are with us on TUES & THUR meeting with clients through April 12.

One small reminder to PLEASE check in on the My Senior Center kiosk or with the Front Desk if you do not have a card so we know you are here! Warmly, *Linda*

Senior Center Storm Policy

If Scituate Public Schools are closed, then the Senior Center activities are cancelled and transportation services cancelled. The Center is open unless Town Hall is closed. *Call Erin LaMonte, 781-545-8873 if you would like to be included on our Storm Call list for information updates.*

OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Lillian Cruz | 781-545-8872
lcruz@scituatema.gov

Outreach Coordinator

Erin LaMonte | 781-545-8873
elamonte@scituatema.gov

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Food Service Assistant

Cam Reardon

Van Drivers

Betty Durkin, Juan Marcellana, Jim Keeley, Joe Swindler, and soon Mary Brown.

COUNCIL ON AGING BOARD

John D. Miller, Chair
Susan Kelly, Vice Chair
Leslie James
Janice Lindblom
Pat Carleton
Laurie Brady
Marie Fricker
Deirdra Dwyer

Opening

Selectman Liaison

Karen Canfield

COA Board meetings are currently held monthly at the Senior Center on the 2nd Thursday at 5:30 pm.

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

Floor Yoga w/Anne

Mondays at 8:30

Chair Yoga w/Anne

Mondays at 9:45

Gentle Yoga w/ Elizabeth

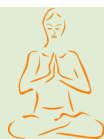
Wed & Friday at 8:30

Chair Yoga w/ Elizabeth

Wed & Friday at 9:45

Floor Yoga \$10; Chair \$5

Please register!



ZUMBA GOLD

Mon & Wed @ 2:00-3:00

Zumba class with Justine. This is a fun dance opportunity w/lively music & extra toning included. Please pre-register to be sure we can accommodate you. \$5



BALANCE FOR LIFE

Mon & Thurs @ 11-12:00

This popular class w/Sue incorporates stretching, movement, strengthening w/ resistance bands, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your spot.

Please pre-register to attend. \$5

TAI CHI 4 HEALTHY AGING

Tues—@ 1:30

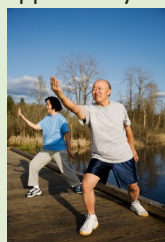
Thurs—@ 1:00

We offer this modified Tai Chi program which provides an introduction to Tai Chi movement with 8 forms designed to strengthen and relax the body and promote better balance.

Thursday is a 2nd weekly opportunity to practice.

Please pre-register with the Front Desk or on Myactivecenter.

\$4/class



LIFT YOUR SPIRITS STRENGTH CLASS

Mon @ 12:30-1:30

Wed & Fri @ 11:00-12:00

Strength training opportunity with Sue using hand weights. Lift your spirits and increase your muscle strength—good for your bones, body and mind! Please pre-register a week in advance to ensure your spot. \$5

LET'S LINE DANCE!

Tues—11:00-11:45

Join our Line Dance class w/Jean to learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding.

Pre-registration requested. \$5



ESSENTRICS CLASS

TUES— @ 9:00 –10:00 w/Barbara

This full body exercise simultaneously lengthens and strengthens muscles with flowing movement, increasing flexibility and mobility. Our instructor Barbara Leary is certified in this special class made popular on PBS/created by Miranda Esmond-White to promote "aging backwards."

Please pre-register to attend.

\$5/class

BADMINTON, TOO!

Wednesdays—6:00-8:00 pm

Jenkins Elementary School after Pickle

INDOOR PICKLEBALL

Wednesdays—4:00-6:00 pm

Jenkins School

Fridays—11:00-1:00 pm

Veterans Memorial Gym @Recreation

We ask for players to help set up nets & break down at the end of play. Players are rotated as needed. Beginning instruction and handouts available.

Please pre-register and sign in!



ARTHRITIS & CONDITIONING CLASS

TUESDAYS @ 3-4PM, New Instructor NEIL SULLIVAN

The arthritis class is structured on the AEA Arthritis Foundation Curriculum and designed to allow participants to exercise without putting excess strain on their joints and muscles. The class includes passive and active movements/exercises as well as stretches to help increase joint flexibility, range of motion and muscular strength. As an essential and effective component in the health of and wellness of individuals with arthritis, the aim of this exercise class is to increase functional ability and self-care, as we decrease pain and depression.

Cost \$3. Please call or register online to attend. First class is Tuesday, March 1—Try it!

OUTREACH & SERVICES

SHINE

Appointments for assistance or questions for health insurance coverage, selections, and changes.

SHINE -> *Serving the Health Information Needs of Everyone*. Our volunteer SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are now available in person at the Senior Center with Rich Durkin or Elaine Schembari.

Please call 781-545-8722, press 2 for Jill or 0 for the Front Desk.

**For those turning 65 it is advised that you begin at least 3 months in advance of your birthdate.*



SNAP

Do you need assistance paying for food? SNAP may help and you may be eligible!

Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center in the lower level of the old Gates School building. Procedures for drive-up service from Cudworth Rd will continue. Call the Food Pantry to register at 781-545-5827.

Van Service is available at NO CHARGE through the Senior Center by calling 781-545-8722.

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thursdays at 10:30 -11:30 at the Senior Center**

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Friday of the month at the Scituate Senior Center**. Next dates: **March 18 and April 15**

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTT

1st & 3rd Wed 10:30-12:00

Check Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription)



AARP TAX ASSISTANCE— Throughout March and early April you can pick up a Tax-Aide intake booklet from the Scituate Senior Center. You DO NOT need to book your appointment prior to picking up your intake booklet which includes a comprehensive list of documents that you should collect for your appointment. The intake booklet can be filled out and signed at home and brought with you to your appointment along with all tax documents. **To schedule your appointment, call the Senior Center at 781-545-8722.** If you have a tax question about the intake form, call 781-352-0004, A Tax-Aide volunteer will return your call.

WELLNESS APPOINTMENTS

REFLEXOLOGY - with Anne Brennan, LMT & Reflexologist

Did you know that every organ and cell in the body has a reflex point on the soles of the feet? Anne will guide you through a session that will relax and relieve tension.

Appointments on Thursdays, March 3 & 9; April 7 & 13 / 9:00-2:00 pm, \$30/30 mins

CHAIR MASSAGE - with Freya Schegel

Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **First Fridays, March 4 & April 1. Appointments are made between 9:00 am - 1:00 pm, \$20/20 mins**

REIKI - with Elizabeth Rogers

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing process. **Last Thursday of every month, appointments are made 10am - 3pm; \$40/30 minutes; \$75/hour session.**

Call 781-545-8722 to book all appointments.

REAL ESTATE TAX EXEMPTION WORKSHOP

Are you a homeowner in Scituate? Would you like to reduce your property taxes? The Town of Scituate invites you to a FREE workshop to learn tips to help you navigate your property taxes. It is presented by Joe Devito, Town Assessor. Please register to attend.

Tuesday, March 8, 5:30-6:30 pm

INDIAN HEAD MASSAGE

A simple, safe & effective massage evolved from massage techniques practiced in India for many years. Applied to the shoulder, neck, arms & head provides de-stressing for the whole body. Acupressure is used on the face to aid with relief of sinus pressure and promote a feeling of well being. **2nd Wednesday of the month, 9am -12:45 pm.** Please call for appointments.

Cost: \$30 / 30 mins.

MARCH 2022 CALENDAR

	TUES 1	WED 2	THUR 3	FRI 4
	9:00 Men's Breakfast 9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Ham & cheese & Soup 1:30 Tai Chi 3:00 NEW Arthritis class	8:30 Yoga 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Ravioli 1:00 Scrabble 1:00 Cribbage 2:00 Zumba Gold 4:00 Pickleball at Jenkins 6:00 Badminton at Jenkins	9:00 Reflexology 10:00 Mah Jong 10:00 Crafty Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Baked Haddock 1:00 Knitting	9:00 Chair Massage 8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/Vet GYM 11:00 Ukulele Practice 12:30 Friday Flix *Legend of Zorro
MON 7	TUES 8	WED 9	THUR 10	FRI 11
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Roastbeef sandwich 1:30 Gardening Series #1 1:30 Tai Chi 3:00 Arthritis Conditioning 5:30 Property Tax Exemption Workshop	8:30 Yoga 9:00 Reflexology 9:00 Head massage 9:45 Chair Yoga 10:00 & 1pm Jackman Class 11:00 Lift Spirits 11:00 Art for the Mind 12:00 Cavatappi/sausage 1:00 Scrabble 1:00 Cribbage 2:00 Zumba Gold 4:00 Picklball at Jenkins 6:00 Badminton at Jenkins	10:00 Mah Jong 11:00 Balance 12:00 Baked stuffed shrimp 1:00 Tai Chi Practice 1:00 Knitting 1:30 Junk Box Engineering	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele Practice 12:30 Friday Flix *Waking Ned Devine
MON 14	TUES 15	WED 16	THUR 17	FRI 18
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Roast Pork 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Veteran's Breakfast 9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Quiche du jour 1:30 Tai Chi 1:00 Parkinson Support Gr 1:00 Online security Talk 1:00 Hingham Discovery Class 1:30 Superintendent's Seaside Chat 3:00 Arthritis Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 Bob Jackman's Class 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Spaghetti & meatballs 12:00 Caregiver Support Grp 1:00 Bob Jackman's class 1:00 Scrabble 1:00 Cribbage 2:00 Zumba Gold 4:00 Pickleball at Jenkins 6:00 Badminton at Jenkins	10:15 Mah Jong 10:30 Sen O'Connor Hour 10:30 Grief Support Group 11:00 Balance 12:00 Corned beef 1:00 Knitting 1:00 Tai Chi Practice 2:45 'No Rules' Book Club	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele for Beginners w/instructors 12:30 Friday Flix *Saving Mr. Banks
MON 21	TUES 22	WED 23	THUR 24	FRI 25
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Baked Ham 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Chicken Salad & Soup 1:30 Gardening Series #2 1:30 Tai Chi 3:00 Arthritis Conditioning 4:30 Reception for Middle School Art students	8:30 Yoga 9:45 Chair Yoga 10:00 & 1 Jackman Class 11:00 Lift Spirits 12:00 Asparagus Risotto 1:00 Scrabble 1:00 Cribbage 2:00 Zumba Gold 4:00 Pickleball at Jenkins 6:00 Badminton at Jenkins	10:15 Mah Jong 11:00 Balance 12:00 Baked Haddock 1:00 Knitting 1:00 Tai Chi Practice 2:00 Lyle Nyberg '3rd Cliff' Book Talk	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele Practice 12:30 Friday Flix *Julie & Julia
MON 28	TUES 29	WED 30	THUR 31	
8:30 Yoga 9:45 Chair Yoga 10:00 Ipad/Iphone—Apps 11:00 Balance 11:00 Expressive Writing 12:00 Pot roast 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Sloppy Joe 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 & 1 Jackman Class 11:00 Lift Spirits 12:00 Spinach Lasagna 1:00 Scrabble 1:00 Cribbage 2:00 Zumba Gold 4:00 Pickleball at Jenkins 6:00 Badminton at Jenkins	10:00 Reiki 10:15 Mah Jong 10:30 Sen O'Connor 11:00 Balance 12:00 Fish Cakes 1:00 Knitting 1:00 Tai Chi Practice	Look for our Senior Center Van in the St. Patrick's Day Parade on Sunday, March 20! With music and we hope some dancing/dancers!

APRIL 2022 CALENDAR

<div>  <div> <p>Lunch program policy:</p> <ul style="list-style-type: none"> Please make your reservations with at least two days notice. You can sign up two weeks out from the lunch date—starting the Monday of that week. <p><i>Thank you for your cooperation!</i></p> </div> <div>  <p>Thank you to Panera Bread in Hanover and our amazing Monday Night Panera Pickup Volunteers—as well as Bette Johnson! for making Panera Tuesday possible! Join us!</p> </div> </div>				
<div> <div>MON 4</div> <div>TUES 5</div> <div>WED 6</div> <div>THUR 7</div> <div>FRI 8</div> </div>				
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken Marsala 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Men's Breakfast 9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Shepard's Pie 1:00 Shuffleboard 1:30 Gardening Series #3 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Yoga 9:45 Chair Yoga 10 & 1 Jackman class 10:30 Nurse 11:00 Lift Spirits Strength 12:00 Spaghetti w/ sausage 1:00-3:00 NEW Social Painting 1:00 Cribbage 1:00 Shuffleboard 2:00 Zumba Gold 4 & 6 Pickleball/ Badminton	9:00 Reflexology 10:00 Mah Jong 10:00 CraftyCard Making 10:30 Grief Support Group 11:00 Balance 12:00 Shrimp Scampi 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice	9:00 Chair Massage 8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix *Best Exotic Marigold Hotel 1:00 Trail Walking
<div> <div>MON 11</div> <div>TUES 12</div> <div>WED 13</div> <div>THUR 14</div> <div>FRI 15</div> </div>				
8:30 Yoga 9:45 Chair Yoga 10:00 Laptop Class 11:00 Balance 11:00 Expressive Writing 12:00 Greek Salad w/chicken 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Meatball Sub 1:00 Meet Julia Child Event 1:00 Shuffleboard 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Gentle Yoga 9:00 Reflexology 9:00 Head massage 9:45 Chair Yoga 10 & 1 Jackman Class 11:00 Lift Spirits Strength 11:00 Art for the Mind 12:00 Fettucine Bolognese sauce 1:00-3:00 NEW Social Painting 1:00 Cribbage 2:00 Zumba Gold 4 & 6 Pickleball/ Badminton	10:00 Mah Jong 10:30 Garden Club Wkshp 11:00 Balance 12:00 Baked Salmon 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice 1:30 Mental Health Matters 1:30 Junk Box Engineering 2:45 'No Rules' Book Club	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix *The Octopus Teacher 1:00 Trail Walking
<div> <div>MON 18</div> <div>TUES 19</div> <div>WED 20</div> <div>THUR 21</div> <div>FRI 22</div> </div>				
<div>Closed</div> 	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Hot Pastrami & Soup 1:00 Parkinson Support Group 1:00 Shuffleboard 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Gentle Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:00 Chicken broccoli ziti alfredo 12:00 Caregiver Support Group 1:00 Scrabble 1:00 Cribbage 1:00-3:00 NEW Social Painting 2:00 Zumba Gold 4 & 6 Pickleball/ Badminton	10:00 Mah Jong 10:30 Sen O'Connor 10:30 Grief Support Group 11:00 Balance 12:00 Baked Haddock 1:00 Knitting 1:00 Shuffleboard 1:30-3 Healthy Eating 1:00 Tai Chi Practice	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix *The Aviator 1:00 Trail Walking
<div> <div>MON 25</div> <div>TUES 26</div> <div>WED 27</div> <div>THUR 28</div> <div>FRI 29</div> </div>				
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Statler Chicken Breast 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Monte Christo Sandwich 1:00 Shuffleboard 1:30 Gardening Series #4 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Gentle Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:00 Beef Stroganoff 1:00 Scrabble 1:00-3:00 Social Painting 2:00 Zumba Gold 4 & 6 Pickleball/ Badminton	10:00 Reiki 10:15 Mah Jong 11:00 Balance 12:00 Seafood Casserole 1:00 Knitting 1:30-3 Healthy Eating 1:00 Shuffleboard 1:00 Tai Chi Practice	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix *Singing in the Rain! 1:00 Trail Walking

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Watercolor Painting & Drawing

Instructor: Judy Rossman

Mondays 1 -3:30 pm

6 weeks: April 4—May 14;

\$65 for the course

An opportunity to work with transparent water-based media for all levels. Emphasis on painting from observation-work from still life provided or referenced photos. The course exposes students to color mixing methods specific to the media and explores a variety of techniques. Guided instruction and less structure offered for more experienced students. Basic drawing instruction a included in series with structured, sequential exercises. Drawing skills are not “inherited” – Drawing is a taught skill , which any student can learn with the proper instruction. Individual attention will address all skill levels. Please pre-register to attend.



“No Rules” Book Group with leader, Dr. Nancy Harris / \$5.
Next Meetings: **March 17th @ 2:45** , the group will discuss **“The Last Apothecary”** by Sarah Penner. **April 14th @ 2:45—** the book title is to be decided. Please call 781-545-8722 for more details. Please register ahead!

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—THURSDAYS!
 - Beginners temporarily on hold - will resume in late Spring. Beginners are welcome to join the 10:00 session to learn!)
 - Regular @ 10:00
- Hand & Foot Cards—Mon @ 1:00
- Cribbage—NEW: Wed @ 1:00
- Bridge & Poker—TBD

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00 am
Weather permitting!

You can also call to reserve the Bocce set for a private game.

SHUFFLEBOARD & POOL TABLE

Our Pool & Shuffleboard Tables are popular! Players are welcome to sign up for time to play w/friends! Open Pool: Monday mornings or Friday afternoons, or when the Game Room is available. You can reserve at spot at the Senior Center Front Desk for an hour at a time.

SOCIAL PAINTING

If you like to paint, share and talk, this is the group for you!



Wednesdays in April, 1-3 PM

Bring your own supplies, some materials will be available.

Register to attend!

ART FOR YOUR MIND

Experience this enriching Art Appreciation Presentation series with Jill on the 2nd Wednesday of the month at 11:00 am for one hour! Please pre-register.

March 9—The Fascinating Georgia O’Keefe

April 13—Landscapes Old & New

CAFÉ TALKS

MARCH

ONLINE SECURITY FOR SENIORS

Bobbi Bookstaver, Cyber Security Specialist

Learn how to avoid scams and protect yourself and your data.

Tues, March 15 at 1:00-2:00pm.

Please register to attend.

APRIL

MENTAL HEALTH MATTERS

Join Anita Aherne, Psychotherapist and Trainer to discuss how we can take care of our mental health as we age.

Helpful information and strategies to deal w/ stress and anxiety and mindfulness.

Thurs, April 14 at 1:30-2:30pm
Please register to attend.

HOLA! TRY SPANISH

Are you interested in speaking Spanish?
Do you want to exercise your brain?
Learn a new language to benefit your travels?

Beginner Spanish class

Instructor Catherine Speigel

Tuesdays, 11 - 12 PM, \$5 per person
Please pre-register to attend.



CARD MAKING

Join local card maker, Beth McGaw and learn how to make homemade cards with fabric.

March—Dogs & Shamrocks

April—Easter & Rabbits

Meets the **1st Thursday of the month @ 10:00—12:00.** Cost \$5; register to join!

JUNK BOX ENGINEERING

Out of a limited supply of materials, build something that does something or has never been done before. It will be a MacGyver adventure! Instructor— Fred Dorr

March 10 and April 14 @ 1:30-2:30pm

Please register to attend!



PROGRAMS, GROUPS, ACTIVITIES

TECHNOLOGY CLASSES

Would you like to learn to hone your tech skills? Join our classes with instructor Katy Mayo on **Mondays from 10-11:30 am**.

March 28 - The Wide World of "Apps" — explore popular and helpful applications on your iPhone or iPad.

April 11 - Fun w/Laptops – Learning helpful tips and tricks to optimize using your laptop.

Please call 781-545-8722 to signup.
Cost \$15 per class.

E-MAIL, & ON-LINE!

You can receive an e-mail giving you immediate access to the newsletter online at ourseniorcenter.com site. Once the newsletter is published on -line, we immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to:

- Scituatema.gov.
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/ Schools/COA,
- Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

A SPECIAL NOTE:

DISCOVERY LIFELONG LEARNING PROGRAM OFFERED BY HINGHAM SENIOR CENTER

Tuesday, March 15th at 1:00 PM. Fee \$5

In person or remote option available. Please enroll by calling the Hingham Sr. Center at 781-742-1458. This Profile of Madam C.J. Walker, well known African American entrepreneur, philanthropist and political activist will be presented by Rev. Stephanie Kelsch, retired English instructor and current minister at Second Parish in Hingham.

CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group.

This facilitated group meets the **3rd Wednesday of the month at 12:00-1:00pm**.

Our group is led by an experienced facilitator & social worker, Suzanne Otte.

Please call the Senior Center for more information and to be added to the e-mail list at 781-545-8722.

PARKINSON'S SUPPORT GROUP

Participants have an opportunity to meet in person at the Senior Center with long-time leader Leslie Vickers.

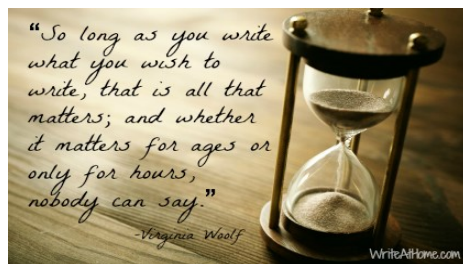
Meetings are held on the **3rd Tuesday of the month (Mar 15 and Apr 19) at 1:00 pm**.

Call the Senior Center for information.

GRIEF SUPPORT GROUP

Susan Kelly will help you navigate your way through your loss and healing journey.

This "Grieve Not Alone" group meets at the Senior Center on the **1st and 3rd Thursdays of the month from 10:30 AM to 12PM** followed by the option to sign up to have lunch together. Please register in advance for the group and make your reservation for lunch at 781-545-8722.



EXPRESSIVE WRITING

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Some-times light, sometimes deep, sometimes funny & always fun!

Mondays 11:00 am-12:00pm

Join us! Call the Senior Center or register online!

FUN FRIDAY FLIX!

Movie starts at 12:30; Popcorn provided.

Mar 4 - Legend of Zorro

Mar 11 - Waking Ned Devine

Mar 18 - Saving Mr. Banks

Mar 25 - Julie & Julia

Apr 1 - The Best Exotic Marigold Hotel

Apr 8 - My Left Foot

Apr 15 - The Octopus Teacher

Apr 22 - The Aviator

Apr 29 - Singing in the Rain

THE SCITUATE STRUMMERS

Ukulele lessons and scheduled practice.

Fridays 11-12pm for general practice

March 18 - Beginners focus w/ instructors Cindy & Deb

April 8—Former strummers and new folks practice w/ instructors Cindy & Deb.



SENIOR CENTER VOLUNTEER CORNER DO YOU WANT TO MAKE A DIFFERENCE?

If you are interested in volunteering at the Senior Center, please call Jessica at 781-545-8875.

TRANSPORTATION

LOCAL RIDES

We provide weekly rides to medical or dental appointments, senior center activities & for other personal needs. Please call at least 2 days in advance!

GROCERY SHOPPING

Wed— Shaw's in Cohasset

Thurs— Village Market & Scituate Harbor

OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—these out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call at least 5 days in advance.

Masks are required on the van.

Call to be added to the trip schedule.

781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Please call if interested in this role.

COST FOR RIDES

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)



MORE CLASSES AND EVENTS

FARMING IN SCITUATE 1770 TO 1910

WITH BOB JACKMAN

Bob will present an overview of local farming that includes practices of planting fields, pastures and woodlots. Six sessions total – Dates are: March 9, 16, 23, 30, April 6, 13.

Tuition \$25 for the course. Limit 28 students per section.

Sign up for morning, 10-11:30; or afternoon session 1-2:30. Cannot sign up for both.

MEN'S BREAKFAST TIME!

1st Tuesday of every month at 9 AM \$5 per person

MARCH 1—Ian Kelley, Director and Pro at Widow's Walk Golf Course, will be our guest to talk about progress and plans for this year's golf season and for the course now that the project is near completion. He is a great asset and we are looking forward to welcoming him to the Senior Center.

APRIL 4—Mike Wankum— Scituate resident and an Emmy award winning meteorologist for WCVB Channel 5 will join us for breakfast to share his experiences. Mike has been forecasting weather in Boston for nearly 3 decades joining Channel 5 in December of 2006. Prior to that he served thirteen years as chief meteorologist at WLVI TV.

Come, Connect, Socialize—the keys to good health, along with starting the day with a delicious breakfast!



VETERANS BREAKFAST ON TUESDAY, MARCH 15 AT 9:00 am

All veterans welcome!

Scituate's Veterans Advisory Council invites every Town Veteran to join us for a complimentary breakfast buffet at our Senior Center to learn more about how the VA helps Vets get enrolled in VA Health and apply for needed benefits.

PLEASE CALL TO PRE-REGISTER AT 781-545-8722.

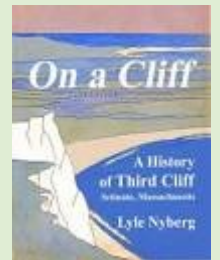
Please bring a copy of your DD214.

The VAC looks forward to seeing and hosting you!

LYLE NYBERG "ON A CLIFF"

March 24th at 2:00 PM

Local author, Lyle Nyberg, will speak about his most recent published work, "On A Cliff". This richly edited book is the first devoted to scenic Third Cliff, a magical meeting place of land, river and sea and to those who have called it home. It traces the transformation of seacoast Scituate from a colonial town of the 1600s into summer destinations of the 1900s, and the conversion of farmland into summer colonies. Copies of the book will be for sale by Buttonwood Books of Cohasset.



The month of March will feature a special exhibit of student artwork from our Gates Middle School students. Following, in April, our Scituate High School students will have their artwork on display. Both exhibitions will feature a variety of media and subjects with examples of both 2D and 3D work in our exhibit hallway and the Cafe. Stop by to celebrate these selections of fine art created by our local students in grades 6-8 and 9-12. There will be a reception planned during each of the Exhibits.

& Council on Aging

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LOCAL ADVERTISERS



SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

Advertisers

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for lunches. They are also supplying the Hershey’s kisses we are all so fond of in honor of Bette Johnson, for whom they have also purchased benches to be placed in her memory and a future tree and seating area to be enjoyed. We are looking forward to events planned for 2022 with their help!

FOSS ADDRESS for membership & donations: P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs by donating directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Donations may also be made to the Friends of Scituate Seniors as stated above.

Thank you to those families and individuals who donated through the Friends “Fund a Room” campaign for your enduring legacy.

Donor

Dale Balog

In Honor of

Transportation Services

In Memory of